

**Amendments to the Claims**

This listing of claims will replace all prior listings of claims in the application.

**Listing of Claims**

1. (Cancelled)

2. (Currently Amended) The pedal system according to ~~Claim 1~~Claim 13, wherein the seat parts further comprise receiving grooves facing one another.

3. (Currently Amended) The pedal system according to ~~Claim 1~~Claim 13, wherein one of the two seat parts is displaced against said spring~~the force of at least one spring~~.

4. (Currently Amended) The pedal system according to Claim 3, wherein one of the seat parts is part of a first sleeve, which is supported rotatably with respect to the ~~axis of the pedal axle~~, and the other seat part is part of a second sleeve, which is supported movably on the first sleeve.

5. (Currently Amended) The pedal system according to Claim 4, wherein the first sleeve is non-movable with respect to the axis of the pedal, and the second sleeve is movable against ~~said at least one spring~~ force.

6. (Currently Amended) The pedal system according to Claim 5, wherein at least one compression spring provides said spring force~~is provided as the spring~~, which compression spring is supported at a first end on an abutment connected to the first sleeve and at a second end on the second sleeve.

7. (Currently Amended) The pedal system according to Claim 4, wherein the first sleeve is supported rotatably by means of ball bearings on the ~~axis part of the pedal axle~~.

8. (Currently Amended) The pedal system according to ~~Claim 4~~Claim 13, wherein the detent element is an elongated component which has a tapered portion for aligning the detent element between the seat parts.

9. (Currently Amended) The pedal system according to ~~Claim 4~~Claim 13, wherein the detent element has side surfaces, which have ~~in particular~~ centrally each one cam.

10. (Currently Amended) The pedal system according to Claim 4, wherein ~~the detent element is connected to a said~~ control element, ~~which~~ acts centeringly with respect to the seat of the pedal.

11. (Previously Presented) The pedal system according to Claim 10, wherein the control element, has supporting wings extending laterally of the detent element, the insides of which supporting wings come into contact or are in contact with outer surface areas of the sleeves, which outer surface areas extend cylindrically and rotationally symmetrically with respect to the pedal axis, and are curved with a radius, which is larger than the radius of the outer surfaces of the sleeves.

12. (Previously Presented) The pedal system according to Claim 11, wherein the control element is connected to a shoe.

13. (Currently Amended) A pedal system for bicycles with a shoe insert ~~that is attachable~~configured to attach to a shoe and ~~has an engaging~~including a detent element, and with a pedal that is ~~attachable to the~~configured to attach to a bicycle and is ~~rotatable about an~~rotatably mounted on a pedal

axle, and has a seating for the ~~engaging-detent~~ element, in which the ~~engaging-detent~~ element is ~~engageable-engaged~~ against a spring force and from which the ~~engaging-detent~~ element ~~may be-is~~ detached by performing a rotating movement, wherein the seating is conformed between two seating parts that are constructed rotationally symmetrically about the ~~pedal axle-of-the-pedal~~, and which are movable away from each other ~~towards-along~~ the ~~pedal axle of the pedal~~ against said spring force, and are components of ~~bushings-sleeves~~ with cylindrical external surfaces, wherein the ~~engaging-detent~~ element is an elongated part that extends perpendicularly to the pedal axle when engaged, and has two cams which clasp below the seating parts in the engaged position, and the shoe insert has a control element which is forced against the cylindrical ~~outer-external~~ surfaces of the ~~bushings-sleeves~~ in such a manner that when the shoe insert is rotated to release the ~~engaging-detent~~ element, the ~~engaging-detent~~ element is raised.

14. (New) A pedal system for bicycles with a shoe insert that is configured to attach to a shoe and has a detent element, and with a pedal that is configured to attach to a bicycle and is rotatably mounted on a pedal axle, and has a seat for the detent element, in which the detent element is engageable against spring force and from which the detent element may be detached by performing a rotating movement, wherein the seat is conformed between two seat parts that are constructed rotationally symmetrically about the pedal axle, and which are movable away from each other towards the pedal axle against spring force, and are components of sleeves with cylindrical external surfaces, wherein the detent element is an elongated part that extends perpendicularly to the pedal axle when engaged, and has two cams which clasp below the seat parts in the engaged position, and wherein the shoe insert includes a control element comprising two wings situated on the external surfaces of the sleeves when the detent element

is engaged, and which is forced against the cylindrical outer surfaces of the sleeves in such a manner that when the shoe insert is rotated to release the detent element, the detent element is raised.

15. (New) A pedal system for bicycles with a shoe insert that is configured to attach to a shoe and including a detent element, and with a pedal that is configured to attach to a bicycle and is rotatably mounted on a pedal axle, and has a seat for the detent element, in which the detent element is engageable against spring force and from which the detent element may be detached by performing a rotating movement, wherein the seat is conformed between two seat parts that are constructed rotationally symmetrically about the pedal axle, and which are movable away from each other towards the pedal axle against spring force, and are components of sleeves with cylindrical external surfaces, wherein the detent element is an elongated part that extends perpendicularly to the pedal axle when engaged, and has two cams which clasp below the seat parts in the engaged position, and wherein the shoe insert includes a control element having supporting wings extending laterally of the detent element, the insides of which supporting wings contacting said external surface areas of the sleeves, which external surface areas extend cylindrically and rotationally symmetrically with respect to a pedal axis, the supporting wings being curved with a radius which is larger than the radius of the external surfaces of the sleeves, and wherein said wings of said control element are forced against the cylindrical external surfaces of the sleeves in such a manner that when the shoe insert is rotated to release the detent element, the detent element is raised.